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STRANGE EMPIRE: KILLING THE FEMME FATALE

ALBERTA-SET CBC DRAMA
BREAKING NEW GROUND
IN THE WESTERN GENRE **PAGE 10**

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McCafe

Bowman working to bring all sides toward the middle

The battle for city hall.

With polls putting him in second place, mayoral hopeful positions himself as a centrist alternative



SHANE
GIBSON

shane.gibson@metronews.ca

Bolstered by a recent poll that put him as the second-place choice for mayor, Brian Bowman called on voters of all stripes to support his bid for city hall's top job Sunday, touting himself as the centrist alternative to both Judy Wasylycia-Leis and Gord Steeves.

"We need support from across the spectrum, and we need support from across Winnipeg," Bowman told reporters. "No party has a monopoly on good ideas. I've been

Quoted

"We need support from across the spectrum, and we need support from across Winnipeg."

Mayoral candidate Brian Bowman

very clear that I'm willing to take the best ideas from wherever they come from."

The Probe Research/Winnipeg Free Press/CTV poll released Friday shows Wasylycia-Leis with 41 per cent support among decided voters. Bowman is at 23 per cent, ahead of Gord Steeves at 16 per cent.

Robert Falcon Ouellette is in fourth place with nine per cent. David Sanders and Paula Havixbeck are in a statistical tie at five per cent and four per cent respectively. Michel Fillion has one per cent.

The telephone poll sampled 602 random people between Sept. 18 and Oct. 1. It

has a margin of error of plus or minus four per cent, with 95 per cent certainty.

In polls released in August and September, Bowman and Steeves were deadlocked. At the time, Steeves said Bowman should drop out of the race to offer a clear alternative to Wasylycia-Leis. Despite moving ahead of him in the polls, Bowman refused to call on Steeves to do the same when asked Sunday.

"This is a democracy," he said. "Anyone is free to run if they so choose."

Voters will choose their next mayor and council on Oct. 22.

WITH FILES FROM COLIN FAST/FOR METRO



DEFIANT IN HONG KONG

A protester wakes after a night on the occupied roads of the financial district in Hong Kong on Sunday. Bolstered by a massive rally overnight, Hong Kong's pro-democracy activists were defiant on the eighth day of protests in the face of attacks by opponents and government warnings to clear the streets they have occupied to press their demand for reforms. See story, page 6. WALLY SANTANA/THE ASSOCIATED PRESS

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FIVE THINGS YOU NEED TO KNOW TODAY

1

HIGHWAY DELAY

Travel on the Trans-Canada Highway near Brandon will be slower than usual today, after a semi crashed through a guardrail on the Grand Valley Bridge on Sunday.

2

EBOLA TENSION

Patients who show up at local hospitals and clinics with symptoms consistent with the Ebola virus may be asked about their recent travels, says the Winnipeg Regional Health Authority.

3

GILLER PICKS

Book lovers, take note: The Scotiabank Giller Prize is announcing its 2014 short list in Toronto today, down from its long list of 12 Canadian books.

4

SO GOOD THEY CAN'T IGNORE

The American Film Institute is awarding Steve Martin this year's Life Achievement Award, the institute's highest honour.

5

FORD FIGHTS ON

Rob Ford's brother says the ailing Toronto mayor will begin a second round of chemotherapy on Tuesday. Ford underwent an initial round last month.

Redwood Bridge renamed for popular ex-councillor

Harry Lazarenko.

Gesture celebrates his decades of work on riverbanks, community



BERNICE PONTANILLA
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On the banks of his beloved Red River, surrounded by family, friends and even firefighters, former councillor Harry Lazarenko saw the Redwood Bridge renamed in his honour.

The ceremony, which included about 50 people on a chilly, drizzling Friday morning, came about after Winnipeg city council voted earlier this year in favour of honouring Lazarenko's work on riverbanks and his work for his ward Mynarski, which he represented for more than 30 years.

Mayor Sam Katz commended Lazarenko, who chose not to run for re-election in 2010 due to health concerns, for his many years of service.

Lazarenko and the current

Attendees

Also in attendance at Friday's ceremony were Point Douglas councillor Mike Pagtakhan and Alex Forrest, president of the United Fire Fighters of Winnipeg.

Mynarski councillor, Ross Eadie, also shared some kind words for each other, with Lazarenko saying that the ward is in good hands.

"I appreciate what council and the mayor, what they did," said Lazarenko, who referenced the current civic election when he joked that he wouldn't be selling this bridge.

"I've had two strokes, so the good Lord has said enough is enough. I've had about 40 years of politics — that's more than enough."

One of Lazarenko's sisters in attendance, Nellie Oberton, said their large family feels very proud.

"I'm so honoured and just feel like crying; it's such a nice honour for my brother," she said, tears in her eyes.



Mayor Sam Katz, left, holds one of the new signs for the Redwood Bridge, which was officially renamed after former councillor Harry Lazarenko, right, on Friday. BERNICE PONTANILLA/METRO

"I'm looking for something more long term."

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Taxpayer federation

Axe big severance for politicians who quit voluntarily?

When Progressive Conservative Larry Maguire quit the Manitoba legislature to run for a federal seat, he received \$85,564 in transition pay under a formula that was enhanced after the last provincial election.

Maguire is not alone. Most politicians across the country receive some form of severance package when they leave office. But his case has one lobby group calling for an end to such payouts when politicians resign of their own free will.

"I don't think the public would have a problem with a politician who is defeated (in an election) receiving a reasonable severance package," Colin Craig of the Canadian Taxpayers Federation said. "But in a case where a politician chooses to quit, I think the public would have concerns, especially given how generous the benefit is."

Maguire said his severance was "adequate" and he is considering giving some of it to charity once he goes through his tax returns and determines how much of it he has netted. Some of the severance was paid out in the current tax year, he said.

Maguire also stressed he and other politicians did not set the amount. Under provincial law, the legislature cannot make changes to the independent commissioner's report. It can only adopt it or reject it in its entirety. "The commissioner makes those decisions and puts them forward as a package, and we're not allowed to pick and choose out of those," he said. **THE CANADIAN PRESS**

Transcona. Three charged after crack found in raid

Two men and a woman face trafficking charges after police found crack cocaine during a raid at a Transcona home Friday.

Police raided the home in the 400 block of Yale Avenue East around 1:30 p.m. following an investigation into the trafficking of drugs from the residence.

Once inside police found 15.5 grams of crack with an estimated street value of \$3,000, a small amount of pot and packaging materials. **METRO**

Trafficking charges

Dustin Jeremy Barker, 26, Jessie George, 26, and a 32-year-old woman, all from Winnipeg, are each facing charges of trafficking in crack cocaine. Both of the men have been detained in custody, and the woman was released on a promise to appear in court.

'Transitional contract'

Former MPI CEO returns money

Manitoba Public Insurance says its former CEO has returned money from a "transitional contract" she signed. The Crown agency says Marilyn McLaren ended the contract and returned \$27,300. McLaren retired February from MPI and received a six-figure severance package, was brought back on a one-year, \$50,000 contract, and had not done any work. **THE CANADIAN PRESS**

Young Street emergency. Arson charges laid in rooming house fire

A 32-year-old man is charged with arson after a rooming house fire late Thursday night.

Shortly before 11 p.m., emergency services were called to a building on Young Street. Crews managed to contain the fire to a single suite, and four occupants escaped without injury.

An investigation by the Arson Strike Unit revealed one

Disregard for human life

The 32-year-old man was arrested and faces multiple charges, including arson with disregard for human life.

of the residents of the suite set the blaze, then left without telling anyone. **METRO**

'Anonymous angel' is offering to match cat shelter donations

Kitten love. Craig Street Cats says it's been 'overwhelmed' by support



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

The executive director of a local not-for-profit kitten rescue operation said thanks to media coverage of their financial troubles, a donor has come to the rescue.

In an email to media, Lynne Scott of Craig Street

Cats said "an anonymous angel" has stepped forward and offered to match, dollar-for-dollar, all donations it receives starting Oct. 4, up to \$10,000.

"This morning we received a phone call from a donor who was touched by the story she read in the newspaper, and wants to help us in a substantial way" stated Scott.

"We have been overwhelmed with the response to media coverage of our plight. This challenge will help us get out of the red, and put us back on an even keel."

Scott told Metro last week construction has blocked all major road access to its loca-

tion at 489 Madison St. since July, leading to a drop in the adoptions and donations it relies on to operate.

"We are 100 adoptions short of where we were last year, and income is down \$30,000 to \$40,000," she said.

"We are always one month away from having to close; this has put us about a week away from having to close. We're day-to-day right now."

Scott said a Hydro project that's closed Madison Street from Silver Avenue to St. Matthews Avenue has had the biggest impact on her business.

Scott said Hydro has told her the work should be complete by November, but until then she's trying to get the word out that customers and donors can still access Craig Street Cats through a back lane off of Silver Avenue, just behind the Future Shop on St. James Street.

WITH FILES FROM SHANE GIBSON



A litter of kittens wait for adoption at Craig Street Cats. SHANE GIBSON/METRO

Quoted

"This morning we received a phone call from a donor who was touched by the story she read in the newspaper and wants to help us in a substantial way." Lynne Scott of Craig Street Cats



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More support needed for troubled police, say mental health experts

Suicides. Traumatic encounters, stressful working conditions and cultures of silence leave officers vulnerable

Some recent suicides among Canada's police officers have mental health advocates redoubling calls for more aggressive government action and greater public sympathy

for the emotional well-being of law enforcement professionals.

Traumatic encounters on the job, coupled with stressful working conditions and challenging cultures of silence, leave police vulnerable to mental health stress, they said, arguing the issue is comparable in scope to the more high-profile challenges faced by the country's military community.

The most recent apparent

case of suicide, according to multiple media reports, was Staff Sgt. Kal Ghabban, a 22-year veteran of the Ottawa police force whose body was found in his office last weekend.

Canada does not have a central database to track police suicides, but a recent effort to document the problem has some people drawing striking parallels.

The Tema Center Memorial Trust, an organization that

works to raise awareness of the mental health concerns faced by first responders, began logging police suicides in late April.

In just over five months, the group said, it recorded 12 instances where actively serving officers took their own lives. The group said each case was verified with individual police forces or other first responders before being formally recorded as a suicide.

Tema Executive Director Vince Savoia said the numbers are comparable to a sharp spike in military suicides last year that had the Department of National Defence fielding harsh criticism from the opposition.

In a three-month stretch from November 2013 to February 2014, the military recorded 10 confirmed suicides.

Savoia said the comparable numbers are not altogether surprising, consid-

ering the similar challenges faced by soldiers and cops.

Both groups tend to attract driven, ambitious people who are averse to admitting weakness.

This natural reticence becomes enhanced by an internal culture that discourages signs of perceived weakness and is further reinforced by a more broad-based social stigma toward those struggling with mental illness, he said.

THE CANADIAN PRESS

Iraq. Nicholson cagey about length of Canada's combat commitment

Defence Minister Rob Nicholson is refusing to say whether Canada will bow out of its planned combat role in Iraq after six months or seek an extension.

MPs are expected to vote Monday on the Conservative government's decision to join allies in airstrikes against the extremist Islamic State in Iraq and el-Sham (ISIS), which has been terrorizing stretches of Iraq and Syria.

The opposition NDP and Liberals have indicated they will not support Prime Minister Stephen Harper's plan, partly out of concern Can-



Defence Minister
Rob Nicholson.
THE CANADIAN PRESS

ada could be dragged into a lengthy quagmire.

In an interview with CTV's Question Period, Nicholson stressed that the motion before Parliament would commit Canada's CF-18 fighters for a maximum of six months.

But he stopped short of promising that would be the end of Canada's combat mission. THE CANADIAN PRESS



Bubble ballers bounce around at Bellwoods

Vince Farago, left, and his friend Tyler Sammy braved the chilly October air to do battle during a game of bubble soccer Sunday at Trinity Bellwoods Park in Toronto.

CARLOS OSORIO/TORSTAR NEWS SERVICE

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Search for 43 missing students leads to mass graves in Mexico

Iguala. Families offer DNA samples to find out if burned remains are of those who disappeared amid violent protests

Security forces investigating the role of municipal police in clashes in Iguala, Mexico, have pulled several burned bodies from mass graves on the edge of town, a lawyer for the families of 43 missing students said Sunday.

Attorney Vidulfo Rosales said the remains were those of an undetermined number of people, and were unidentified. Relatives of 37 of the missing people have provided DNA samples that will be used to determine if the remains belong to any of the students, the attorney said.



Students and the relatives of missing students unfurl a banner as they block a main highway in Chilpancingo, Mexico, on Sunday. Protesters are demanding answers a day after security forces found a mass grave, raising fears the pits might hold 43 missing students. ALEJANDRINO GONZALEZ/THE ASSOCIATED PRESS

The students have been missing since last week in violence that also resulted in six shooting deaths.

Guerrero Gov. Angel Aguirre said Saturday that

the victims were "savagely slaughtered."

Guerrero State Prosecutor Inaky Blanco said eight more people had been arrested in the case, adding to the 22

Iguala city police officers detained after a police confrontation with student protesters last weekend set off a series of violent incidents in the city.

The prosecutor has said

state investigators had obtained videos showing that local police arrested an undetermined number of students after the initial clash and took them away.

A history of violence

The Aytozinapa Normal school attended by the missing students is known for militant and radical protests that often involve hijacking buses and delivery trucks.

- In 2011, two students from Aytozinapa died in a clash with police on a highway that leads to Acapulco.

State prosecutors have said the first bloodshed occurred when city police shot at buses that had been hijacked by protesting students, killing three youths and wounding 25. A few hours later, unidentified masked gunmen shot at two taxis and a bus carrying a soccer team on the main highway, killing two people on the bus and one in a taxi.

THE ASSOCIATED PRESS



Palestinians go along for the ride during Eid al-Adha

Palestinians enjoy a ride in an amusement park during Eid al-Adha, a holiday celebrated by Muslims worldwide, in the West Bank city of Jenin on Sunday. Eid al-Adha, a three-day holiday that started Saturday and commemorates the willingness of the Prophet Ibrahim to sacrifice his son in accordance with God's will. MOHAMMED BALLAS/THE ASSOCIATED PRESS

Ferguson

Protesters change symphony's tune

Several dozen people protesting the shooting death of black teenager by a white policeman have interrupted a performance of the St. Louis Symphony.

Reports say that as the musicians were about to perform a song, demonstrators began singing and unfurled banners from a balcony related to 18-year-old Michael Brown's shooting in August in Ferguson.

The interruption was met with applause from some members of the audience and the symphony.

THE ASSOCIATED PRESS

Iraq

Soldiers publicly executed by ISIS

Militants from the Islamic State of Iraq and al-Sham (ISIS) on Sunday publicly shot and killed six Iraqi soldiers captured in a western province where the extremists continue to advance despite an expanding U.S.-led campaign of airstrikes.

The killings took place in the town of Hit, about 140 kilometres west of Baghdad. THE ASSOCIATED PRESS

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Hong Kong protesters divided on plans to remove blockades

Pro-democracy protests.

Officials in Hong Kong have said they intend to have major streets open by Monday morning

Hong Kong's pro-democracy activists agreed Sunday to remove some barriers blocking roads and sidewalks ahead of the government's deadline to scale back their protests. But the demonstrators appeared to be divided, and others refused to budge, with only hours to go.

An alliance of students said it had tried but so far failed to reach agreement with officials on a plan to begin talks on their demands for wider political reforms. The group vowed to continue protests until details of the talks might be worked out.

"If the government uses force to clear away protesters, there will be no room for dialogue," Lester Shum, one of the group's leaders, told reporters.

Earlier in the day, students occupying the area just outside city government headquarters agreed to remove some barricades that were blocking the building's entrance, after the government said it would do whatever was necessary to ensure 3,000 civil servants would have full access to their offices on Monday.

The partial withdrawal appeared to be part of a strategy to regroup in another part of



A protester rests on a street during a rally outside government headquarters after protesters were threatened by residents and pro-Beijing supporters in Kowloon's crowded Mong Kok district on Oct. 4, in Hong Kong. VINCENT YU/THE ASSOCIATED PRESS

town, as protesters were urged to shift from other areas to Hong Kong's Admiralty shopping and business district, a central location near the government's main offices that has served as an informal headquarters for the protests.

Alex Chow, another student leader, said he was not worried about the crowd dwindling as people prepared to return to work and school on Monday.

"People need rest, but they will come out again. It doesn't mean the movement is dimin-

ishing. Many people still support it," Chow said.

Officials said they intended to have key streets open for schools and offices by Monday morning, but it was unclear whether they would act to clear the streets and other areas by force or just settle for a partial victory in clearing some roads.

"To restore order, we are determined, and we are confident we have the capability to take any necessary action," police spokesman Steve Hui said.

Television footage showed

a man shaking hands with a police officer outside government headquarters and the two sides removing some barricades together. About 300 demonstrators stood by outside the government building's main entrance, but then many sat back down and refused to leave. Later in the evening, some barriers along walkways into the building were moved out of the way.

Tens of thousands of people, many of them students, have poured into the streets of the

Universal suffrage

China has promised that Hong Kong can have universal suffrage by 2017, but it says a committee of mostly pro-Beijing figures must screen candidates for the top job. The protesters also are demanding the resignation of Hong Kong Chief Executive Leung Chun-ying, the city's current leader. He has refused to step down.

semi-autonomous city since Sept. 28 to peacefully protest China's restrictions on the first-ever direct election for Hong Kong's leader, promised by Beijing for 2017.

The protests are the strongest challenge to authorities in Hong Kong — and in Beijing — since the former British colony returned to Chinese rule in 1997.

Police said they had arrested 30 people since the start of the protests and that they used pepper spray overnight Saturday on crowds that had provoked officers with verbal abuse. Protesters, meanwhile, complained the police were failing to protect them from attacks by mobs intent on driving them away.

The students say police have allied themselves with criminal gangs to clear them, but the government has denied the accusation. **THE ASSOCIATED PRESS**

\$4B plan. Abbas to ask for funds to rebuild Gaza

More than five weeks after the Israel-Hamas war in the Gaza Strip, tens of thousands of people whose homes were destroyed or badly damaged in the fighting still live in classrooms, storefronts and other crowded shelters. In some of the hardest-hit areas, the displaced have pitched tents next to the debris that once was their homes.

Despite pressing needs, reconstruction efforts appear stymied by a continued Israeli-Egyptian border blockade of Gaza and an unresolved power struggle between the militant group Hamas and Palestinian President Mahmoud Abbas.

Those involved in rebuilding say the post-war paralysis finally will come to an end next week, with an international pledging conference in Cairo. There, Abbas is to ask for \$4 billion US for Gaza. Once the money is raised, a United Nations deal is to ensure that large amounts of building materials get into Gaza, despite the blockade.

The generosity of donors there will depend on Abbas taking charge in Gaza and on prospects of a sustainable ceasefire between Israel and Hamas. The international community already has pledged millions of dollars for Gaza relief, but Abbas is seeking larger sums — \$4 billion for reconstruction and \$4.5 billion in budget support for his government through 2017. **THE ASSOCIATED PRESS**

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Towering tradition of human artwork

Members of the Castellers Collas Jove Xiquets de Tarragona fall as they tried to complete their human tower during the 25th Human Tower Competition in Tarragona, Spain, on Sunday. The tradition of building human towers or castells dates back to the 18th century and takes place during festivals in Catalonia, where colles or teams compete to build the tallest and most complicated towers. The highest castell in history was a 10-floor structure with three people in each floor. In 2010, castells were declared by UNESCO one of the Masterpieces of the Oral and Intangible Heritage of Humanity. Scan the image with your Metro News App to see more from the 25th Human Tower Competition.

EMILIO MORENATTI/THE ASSOCIATED PRESS



'Miracle dog' finds new home

Lazarus rising. After being hit by a car, four-year-old dog survives euthanasia injection and gets adopted



Lazarus, a mixed-breed dog who survived a euthanasia attempt and a car accident, sits in the sun of his new owner's yard.

JAY REEVES/THE ASSOCIATED PRESS

Animal control officer Wanda Snell knows what she saw: A veterinarian inserted a needle into the black-and-brown mutt and injected a chemical meant to euthanize the dog no one had adopted. The animal moved a little, and then faded.

What she can't explain is how the dog rebounded overnight and recovered from what is typically a lethal injection.

Snell said she arrived for work the next morning and saw the dog standing in an outdoor pen linked to the interior kennel. It had walked out and helped himself to some water.

A rescue worker who re-

struck by a car, with a pad missing on his left rear foot.

After his recovery, another adoption call was made on Facebook and Lazarus' fortunes changed. He was claimed by another rescue group leader who turned it over to a family living about 257 kilometres away.

Jane Holston of Helena, Ala. is now serving as Lazarus' foster mother. The dog has been diagnosed with a dangerous case of heartworms but is on medication, while the leg damaged from the car accident is in a cast and on the mend.

Left for dead weeks ago, Lazarus now romps in the grass and plays tug-of-war with housemate Tucker, another rescue dog living with Holston and her family.

"He's not skittish, he's not afraid of anything, anybody, any sounds. I mean, it's just amazing (with) all he has been through," Holston said.

THE ASSOCIATED PRESS

Jury selection. Canada's highest court to decide on regional representation

Just what provinces must do to ensure juries are properly representative of the population in an area will be put to Canada's highest court Monday, in a case that could change the jury landscape.

At issue, as the Supreme Court of Canada kicks off its fall session, is an Ontario appeal in the case of an aboriginal man whose manslaughter conviction was thrown out because his jury had no First Nations members.

The decision was "so broad and powerful that it has potential to drastically change our approach to the jury system," the province argues in its factum.

In addition, according to the factum, the ruling has generated "considerable uncertainty" and holds the state to account for results "beyond its control."

The province argues the right of an accused to a fair and impartial jury does not entail an absolute right to a jury comprised in any particular way.

It's the first time the Supreme Court will directly deal with the concept of a representative jury and what that entails.

The case arose in 2008 when a non-aboriginal jury in Kenora, Ont., convicted Clifford Kokop-

enace of stabbing a friend to death on the Grassy Narrows reserve. The Ontario Court of Appeal upheld the verdict in 2011.

In an unusual twist, the Appeal Court put its ruling on hold to address a constitutional challenge sparked by the years-long underrepresentation of aboriginals on juries, an issue that only came to light in 2007 during inquests into the deaths of two northern Ontario natives.

The province had asked former Supreme Court justice Frank Iacobucci to investigate and make recommendations, reporting back that the system for choosing aboriginal jurors was broken.

In a landmark ruling on the constitutional challenge, the Court of Appeal ordered a new trial for Kokopenace. A majority of the justices found the province had violated his rights by not ensuring aboriginals were properly represented on jury rolls.

"The integrity of the process was fundamentally compromised by the inattention paid by the state to a known and worsening problem, year after year," the court ruled.

THE CANADIAN PRESS

Catholic soul-searching

Church to discuss family, sex issues

Pope Francis has called for a creative, humble approach as the Vatican ponders why many in the Catholic Church have gone their own way on sexual and family issues such as contraception, pre-marital sex and divorce.

A Mass on Sunday opened a two-week meeting of 200 cardinals and bishops who will discuss contentious issues including bans on artificial birth control, on Communion for divorced faithful who remarry. THE ASSOCIATED PRESS

Taliban tweeting

Spokesman knows where he lives

An apparently errant tweet by the Taliban's spokesman in Afghanistan gave his location as being in neighbouring Pakistan.

On Friday, a tweet by Taliban spokesman Zabihullah Mujahid claimed a geolocator stated his location as being in Sindh, Pakistan, which he dismissed as an enemy plot, claiming to be in his home country.

THE ASSOCIATED PRESS

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Loonie takes nosedive, is likely to stay below water



HOW TO ROLL
Alison Griffiths
metronews.ca

Do you have a sinking feeling?

The loonie certainly does. Just a year after predictions of an extended period above par for the Canadian dollar against the greenback, the loonie has sunk below 90 cents US, a six-month low.

I polled senior economists and the consensus is that our weak dollar is here to stay. In fact, many believe that 85 to 87 cents will be the new normal.

Some investors will be cheering, others weeping into their beer. Anyone who purchased U.S. stocks a year or more ago has seen a nice

appreciation just on currency alone. As the loonie sags, the value of those U.S. holdings rise.

But those who have been sitting on the fence waiting for an overdue stock market correction of 10 per cent or more are now going to pay dearly to buy south-of-the-border equities.

Not long ago, the majority of mutual funds and exchange-traded funds investing in U.S. or other international stocks and indices were hedged. Hedging cancels or neutralizes the effect of currency movements.

For a number of years, I have been among many who recommended buying unhedged mutual funds and ETFs where possible. I felt that with the loonie at a 30-year high against the greenback, it was only a matter

Down low

Canuck buck vs. the U.S. dollar:

- **1952-1960:** \$1.02 to \$1.06 US
- **1973-1976:** \$1.02 to \$1.04 US
- **2002-2004:** \$.062 to \$.070 US
- **November 2007:** \$1.10 US (modern-day high)

of time before the trend reversed.

A 10 per cent-plus drop in our currency produces a similar gain when a U.S. investment is translated into Canadian dollars.

Now, it's time to be cur-

rency-defensive, at least for U.S. investments, in case the Canadian dollar defies the experts and heads north again. New money should be directed at hedged mutual funds and ETFs. In fact, investors who normally purchase individual stocks might consider investing in Canadian listed, hedged ETFs instead.

Any U.S. stock bought with Canadian dollars will be about 12 per cent more expensive from the get-go, once exchange fees are taken into account.

The currency flu might force travellers to abandon U.S. holiday plans. But at least we're not alone.

The euro, pound, Swiss franc, South African rand and Australian dollar are all dropping like stones against the mighty greenback.

had asked Commonwealth Court to dismiss the suit, but Judge Anne Covey refused. Her ruling Friday could pave the way for a trial early next year.

Penn State accepted a \$60 million US penalty as part of a 2012 consent decree with the NCAA that also imposed a four-year ban on post-season play, a temporary loss of some football scholarships and the elimination of 112 victories from late head coach Joe Paterno. **THE ASSOCIATED PRESS**

Pennsylvania

Lawsuit over Penn State molestation case to continue

A judge has refused to dismiss a lawsuit filed by a Pennsylvania senator and the state treasurer over the massive fine imposed on Penn State for its handling of the Jerry Sandusky child molestation scandal.

The NCAA and Penn State



About one in 10 Canadians can not afford to fill prescriptions due to costs.

MARIO TAMA/GETTY IMAGES FILE

Public coverage of prescription drugs coming?

No public coverage

Canada, with its aging population, is the only industrialized nation with universal health insurance but no public coverage of prescription drug costs.

- An estimated one in 10 Canadians can't fill prescriptions because of the expense.

It's a buzzword in the medical community, although one that hasn't quite caught fire yet with Canadians at large: pharmacare, a national program that would see prescription drugs covered through a publicly funded system rather than out of pocket.

Many doctors are clamouring for it. Canadians dream of it when faced with sky-high drug costs as when they fight cancer, diabetes, heart disease and other illnesses. Even private insurers aren't entirely opposed.

And now politicians are starting to take up the cause. The federal NDP is calling for national pharmacare, while Ontario's new health minister has emerged one of its most enthusiastic cheerleaders as he urges a federal strategy.

"I can't tell you how many times I'd have to go into the sample drawer, because I knew if I gave a prescription

to someone, they weren't going to fill it because they couldn't afford it," said Eric Hoskins, also a physician, in a recent interview.

The Organization for Economic Co-operation and Development has found that Canada has the second highest per capita spending on prescription drugs in the OECD.

THE CANADIAN PRESS

Buzz. Ecobee may get stung by WiFi thermostat rivals

Toronto-based company Ecobee beat a top Apple designer, Google, and industry giant Honeywell to what could potentially be a billion-dollar idea.

Back in 2009, Ecobee said it was the first company in the world to release a Wi-Fi-connected thermostat, which could be remotely controlled via the web or a smartphone app.

But, in 2010 former Apple designer Tony Fadell started a company called Nest Labs, which would also make a Wi-Fi thermostat called Nest.

And then this summer, old-school thermostat company Honeywell released a Nest-loo-kalike Wi-Fi thermostat called Lyric.

THE CANADIAN PRESS

"No hard feelings, but I deserve better."

RECYCLING REMINDER #7

Canadians use more than 1 million plastic bags per hour. Stop the clock and choose reusable.

Make the break. SimplyRecycle.ca

MMSM
Multi-Material Stewardship Manitoba
INDUSTRY FUNDING RECYCLING

PAINTING THE COUNCIL CHAMBERS ORANGE

City hall is about to be invaded by an Orange Army.

Leading the insurgency is Judy Wasylycia-Leis, who polls predict will become the city's first true left-wing mayor since John Queen left office in 1942.

Much more so than Glen Murray — who was middle-of-the-road by the time he became mayor — Wasylycia-Leis's lefty credentials are rock solid after nearly 40 years as an NDP organizer, MLA and MP.

She's set to be the general in charge of a force of as many as eight members of council with close ties to the NDP.

Voters in Daniel McIntyre, Elmwood-East Kildonan, Fort Rouge - East Fort Garry, Mynarski, St. Boniface and St. Vital appear likely to elect NDP-friendly councillors.

In Old Kildonan, incumbent Devi Sharma is in a tough race against NDP school trustee Suzanne Hrynyk. And in St.



URBAN COMPASS
Colin Fast
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Norbert, Sachit Mehra says he's a Liberal, but he has support from NDP MLA Dave Gaudreau.

Point Douglas and River Heights-Fort Garry will probably be held by Liberal councillors, Mike Pagtakhan and John Orlikow, who tend to lean left.

So only four wards — Charleswood-Tuxedo, North Kildonan, St. Charles and St. James-Brooklands — are likely to remain Conservative.

And then there's Transcona councillor Russ Wyatt, the political enigma who could be a member of three different parties during a single council meeting.

Beyond the elected officials, there will also be wholesale changes in the mayor's office, where positions like chief of staff, policy director and communications director can have a lot of influence on the council agenda.

If Wasylycia-Leis is successful, she'd be wise to assemble a team from across the political spectrum with city hall experience, given how differently the place runs compared to the Legislature or Parliament.

But with the Selinger government looking vulnerable in its next election, don't be surprised if several provincial staffers try to make a safe landing at city hall.

So what impact will this big swing to the left have on a city government that's running low on money, vision and public faith?

Will the city become a puppet for the big unions and the provincial government, as mayoral candidate David Sanders alleged last week? Or will there be unprecedented co-operation with labour and the province in trying to find solutions to the city's biggest problems?

It's impossible to know, because we've never tried this before. But unless something big happens in the next two weeks, it looks like we're about to see what happens when city hall gets painted orange.

Metro Bitstrips caption contest



Are you planning to eat the Sports section?

Become a cartoon star!

Visit metro.bitstrips.com on your mobile device to create your own avatar and add your caption to the next comic. The funniest entry will be printed here and you'll be able to check out the runners-up by scanning the cartoon with your Metro News app.

Bitstrips

MetroTube



Drone's-eye view



ANDREW FIFIELD
andrew.fifield@metronews.ca

Drone-maker DJI sent one of its gadgets to for an intimate look at an erupting volcano — so intimate that the heat melted the face on the camera. The best part about all this? The volcano is called Bardarbunga, an Icelandic volcano handle that you can actually pronounce. (DJI/YouTube)



GETTY IMAGES FILE

Twitter

@metropicks asked: A stalled Disney ride stranded passengers for two hours. What's your most brutal experience being stuck somewhere?

@kendwren: Got stuck in 5 hours of traffic after a 10 hour drive - on a bus full of 30 or so 10-14 year old female Cheerleaders #horrible

@CallaghanAndrew: stuck on slash mountain for 45 minutes midstream, then miraculously works again so we can go down massive slide #neveragain

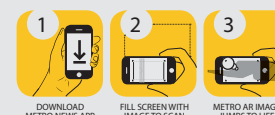


SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 7 in News, page 10 in Scene and page 18 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



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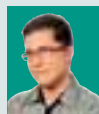
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• • • • •



MIND THE APP
Kris Abel
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scene@metronews.ca

Kobo's new H2O e-reader is water-resistant up to a point. You have to keep its connection door closed and, because touchscreens and water do not mix, wipe it dry before use. This makes it ideal for a relaxing bath when accidental dunks are very likely. The backlight is now easier to adjust for sensitive eyes and very welcome during winter's early nights.

Harvey Award



Carol Burnett THE ASSOCIATED PRESS

Stewart museum gives Burnett its big rabbit award

Actress and comedian Carol Burnett is set to be honoured by a Pennsylvania museum dedicated to actor Jimmy Stewart.

Burnett will receive the museum's Harvey Award at a Friday fundraiser for the James M. Stewart Museum Foundation.

The award is named for the 1950 film in which Stewart befriends an invisible rabbit. It is typically given to someone with connections to Stewart.

Burnett has called Stewart her idol. He appeared on the final episode of *The Carol Burnett Show* as a surprise guest, ending its 11-year run in 1978. He died in 1997.

THE ASSOCIATED PRESS

Western women in distress, but don't call them damsels

Strange Empire. Set in 1869 Alberta, new CBC drama follows three women as they struggle for survival and independence

The young female stars of CBC's *Strange Empire* know they're breaking new ground in the western genre.

Set in 1869 on the Alberta-Montana border, the new series premiering tonight stars Cara Gee, Melissa Farman and Tattiawna Jones. After most of the men in their community vanish in mysterious circumstances, the trio of women must fight for their independence and survival.

"We are definitely in distress, but by no means are we damsels," said Farman in a summer interview.

"We're damned selves in distress," joked Gee, cracking up her co-stars.

Gee stars as Kat Loving, a bold Métis woman determined to rebuild her family after a sudden loss. Farman plays Dr. Rebecca Blithely, a mildly autistic savant whose intelligence is thought to be a rare anomaly for her gender. And Jones is Isabelle Slotter, the spiritualist daughter of freed slaves.

"Thousands and thousands of women like this actually existed. Their stories just haven't been told," said Jones, an Ontario-born actress best known for *Flashpoint*.

"We're showing the story of our foremothers, not just our forefathers," agreed Farman. "The western is a myth of origin. As a nation, it's our tale of beginnings. Women are part of that beginning. So it's very exciting, and I think we're honoured to be part of that kind of storytelling."

Strange Empire, from Durham County writer Laurie Finstad-Knizhnik, has been touted by the CBC as an example of the bold new direction the public broadcaster is taking.

Gee said it was interesting to see the CBC take a chance on the series. The half-Ojibwa actress was crowned one of the Toronto International Film Festival's rising stars last year.



CBC's latest offering is a western-style show with women (Tattiawna Jones and Cara Gee) at the helm. Scan this photo with your Metro News app to watch the trailer. CONTRIBUTED



Melissa Farman plays Dr. Rebecca Blithely, a mildly autistic savant whose intelligence is thought to be a rare anomaly for her gender. CONTRIBUTED

Historic drama

"Thousands and thousands of women like this actually existed. Their stories just haven't been told."

Actress Tattiawna Jones, on the ground-breaking new TV western *Strange Empire*

"It's unlike anything else that's on TV right now, and it's so dark," she said.

All three actresses count themselves lucky to land the series, which is shot in B.C.

Farman, who was born in New York to a Canadian mother and French father and has appeared on *Lost* and HBO's *Game Change*, said *Strange Empire* is an "incredible show."

"I'm working with the two most talented, amazing young actresses," Farman said. "We've got an incredible showrunner, women producers, and we're all excited about telling a story that's going to be so groundbreaking. We're taking a genre and turning it over its head."

Finstad-Knizhnik said she "got goosebumps" when producers told her about the basic concept of the show.

"The western is a genre that's very convention-laden and cliché-ridden. The roles for women are particularly tiny and minimal," she said. "I wanted to explode that, just for the fun of it."

She said a lot of research went into creating the series, set shortly after the 1867 Confederation of Canada.

Isabelle Slotter is loosely based on Victoria Woodhull, a white prostitute who eventually became the first female candidate for president of the United States.

Finstad-Knizhnik said it was only natural to have an ethnically diverse cast, as that was the reality of the time. Black and Chinese migrants had travelled north to flee the southern United States and various First Nations groups had been pushed closer together.

"It's a very real history. It's a very fascinating history. And it's one that I don't think we've really declared as a country, either Canadian or American," she said.

THE CANADIAN PRESS

Playing with Prince means just jumping in

3rdEyeGirl. Canadian guitarist hand-picked by Prince has learned to follow the master

Donna Grantis grew up in the bustling suburb of Mississauga, Ont., and polished her considerable guitar chops at McGill University — but now she has two feet firmly planted on Planet Prince.

She remembers the first time she was reeled into the pop icon's orbit: She received an email asking if she wanted to come to Prince's famed Minnesota studio Paisley Park to jam. A phone call soon followed with a short list of songs to learn.

Naturally, she was skeptical. But then a ticket arrived for a one-way flight.

Her good fortune didn't necessarily become easier to believe upon arrival; if anything, the sense of surreal fantasy was only heightened when the chameleonic pop star walked into the room, introduced himself, and they started playing.

It's been nearly two years now since Grantis was made a member of both Prince's backing band and the all-female trio he masterminded, 3rdEyeGirl.

But no one really gets used to playing with Prince.

"Every time we play a song, anything can happen at any time," Grantis relayed in a recent telephone interview. "Prince is a master band-leader, so we've learned to really follow him."

"He could break down songs at any time. He could cue a solo to anybody. We could start off with a set list but I don't think we've ever played a gig where we've followed it."

"He plays a song and we just have to jump in. Sometimes he'll even just play something we've never done before, like a groove, and we have to react."

"We're prepared for anything onstage."

This week, the Purple One spearheaded the release of two albums: *Art Official Age*, a solo disc from the multi-instrumental, multi-genre master; and *Plectrumelectrum*, a groove-heavy record performed by 3rdEyeGirl, but written and produced by Prince.



Donna Grantis, left, Prince, Hannah Ford and Ida Nielsen of 3rdEyeGirl, the band conceived by Prince, are releasing their debut album this week. HANDOUT/THE CANADIAN PRESS

Anything can happen when you're playing with Prince

"We could start off with a set list but I don't think we've ever played a gig where we've followed it."

3rdEyeGirl guitarist Donna Grantis

Grantis caught up with The Canadian Press to discuss the records and help to settle some of the myths surrounding her legendary leader.

You're entered into a guitar-solo sparring match with Prince at the end of the new tune *Anotherlove* on *Plectrumelectrum*. What was that like?

It was like four in the morning one night when we played the track all together. And I was playing the rhythm-guitar part and I knew at the end that that whole long jam-out section was going to be a massive, epic solo. And Prince asked me if I wanted to record the solo right there on the spot or the next day. And I thought, "OK, I'd like to record this tomorrow because I thought it'll give me some time to come up with some soloing concepts, try out some differ-

ent ideas, maybe work out a few things." And he said: "OK. Let's do it now."

Prince has this way of just pulling out the best in everyone he works with. Maybe it's the adrenaline rush or the great sense of urgency behind it. But I'm really proud of that part. And the end solo features both Prince and I trading guitar parts every four bars. It's really cool.

I know he can call up any tune he wants in a live setting. Do you know how many songs you've learned since you joined his bands?

No, I don't — I've lost track. I know it's in the hundreds.

I want to fact-check some of the rumours I've heard about working with Prince. I've read about 12-hour jam sessions. I guess you don't get a ton of sleep working with Prince?

No, you don't. Sleep's over-rated.

Is it true you play a ton of ping-pong together?

We do play a ton of ping-pong and it's pretty intense. But he is an exceptional ping-pong player. And I guess from the first time we all joined the band to now, our ping-pong skills have just skyrocketed.

And I heard he sends the band funny, short emails?

We totally pass on messages by email. Yeah, he's got a great sense of humour.

You're joined in 3rdEyeGirl by Hannah Ford and Ida Nielsen. It's not the first time he's assembled an all-female group. What do you think motivates him to do that?

I think he likes the energy we bring to the table. I've heard him say that he admires the strength in working with women. And I think it's just so cool to have a balance of male and female energy in a band — and in anything for that matter.

THE CANADIAN PRESS



READ TRANSIT TUESDAY IN METRO.

Featuring the latest from Winnipeg transit — including transit news, commuter tips and cool promotions - and much more!

metro

News worth sharing.



Prince William. ALL PHOTOS GETTY IMAGES

William wants paparazzi to allow Prince George to live an 'ordinary' life

If anyone can successfully take on the paparazzi — or, in this case, one individual paparazzo — it's Prince William.

His Kensington Palace office announced William and wife Kate Middleton have "taken legal steps to ask that an individual ceases harassing and following both Prince George and his nanny as they go about their ordinary daily lives," according to a royal statement.

William and Kate "understand the particular public role that Prince George will one day inherit, but while he is young, he must be permitted to lead as ordinary a life as possible."

Seems reasonable enough, but that "as ordinary a life as possible" bit has got to be on a pretty impressive sliding scale when you're talking about a member of the royal family.

Still, points for effort.



Robert Downey Jr.

Downey up for Iron Man 4 — if Mel Gibson directs

You want more Iron Man movies starring Robert Downey Jr.? Well, he's got some very specific demands.

Although Downey has said a fourth Iron Man is out of the question, he agrees with Deadline's idea that he'd be up for it if Mel Gibson directs. "Why not? That movie would be bananas."

And he knows something

about having a rocky past.

"I think it was just the very worst aspects of somebody's psyche being treated as though they were the blanket statement about a person," he says of Gibson's troubles. "Because he is so gifted as a storyteller and a director, I don't know that he requires some sort of mass forgiveness."

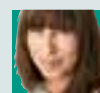
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Levine mellow with marriage, Lavigne ages without Chad



STARGAZING
Malene Arpe
scene@metronews.ca

This week in *Is Anything Even Real Anymore?* 1. Kelis says she doesn't like milkshakes. 2. Tom Selleck says he's never given his moustache a nickname. 3. A Swiss study finds that cows really hate the sound of cowbells. 4. Ashton Kutcher reveals the name of his daughter (Wyatt Isabelle) and posts pictures of random babies and animals. 5. The trailer for Katherine Heigl's *Home Sweet Hell* indicates the odd possibility the movie may be funny. 6. Lindsay Lohan gets OK reviews for her *Speed-the-Plow* performance.

Kendall and Kylie Jenner's novel sold only 13,000 copies. "That's the final straw," says Kris Jenner, "they'll have to learn how to

read and write, after all."

In the new Maroon 5 video, Adam Levine plays an obsessive, blood-covered, neck-bearded stalker. So nice to see that marriage has mellowed him some.

Avril Lavigne celebrated her 30th birthday without Chad Kroeger. Which really is the most perfect birthday present for any woman at any age.

Bono says George Clooney's wedding "was very emotional and lovely." Which is pretty much the same as the response to the latest U2 album, except for the "lovely" part.

Brad Pitt says he and Shia LaBeouf got into a fight with Scott Eastwood on the set of *Fury*. Unfortunately, he didn't mention whether he and Scott were both shirtless, so it's really not all that interesting.

A poll finds Prince Harry is the most popular of all the British royals. "Such delightful news," said Duchess Kate. "I brought you a very special apple to celebrate. Why don't you taste it while fondling my antique spindle?"



Lindsay Lohan

LiLo might want to lie low for a while after reading reviews of her stage debut

Lindsay Lohan's London stage debut is out of previews and officially opened, but the critical response has not improved.

Mark Shenton, writing for *The Stage*, says Lohan is "clearly out of her league and embarrassing on stage, still calling for prompts."

Quentin Letts of the *Mail Online* calls her turn in David Mamet's *Speed-the-Plow* a "travesty of art" and criticized the show's producers because they "sold their

art for a potage of notoriety."

Even the positive reviews feel like backhanded compliments, like Michael Billington's *Guardian* review that praises Lohan for a "perfectly creditable performance"

Still, Lohan's got some influential fans on her side, like Oprah Winfrey, who stopped by backstage after a performance.

I guess bad feelings they had over the Lohan-focused reality series Winfrey produced are behind them.

Twitter



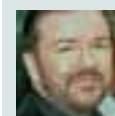
@SethMacFarlane

Gosh internet, you look mad. Is everything okay?



@jimmykimmel

Interesting fact: 100% of those who use the phrase "painfully unfunny" are, themselves, just that!



@rickygervais

None of my jokes were tested on animals.

Budgets are mind over money

Take control.

Unconscious spending can quickly add up. Think before opening that wallet!



GAIL VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

When everything's rolling along hunky-dory, it's easy to get into the habit of spending money. The full-on cable package with a side order of sports or movies is an easy buy when money is aplenty. The extra-large latte as you're rolling into work becomes a must-have. And lunches are a well-deserved reward for all the extra hours you put in. Thousands of bucks out the window without a second thought. Unconscious, habitual spending with only a momentary payback. Instant gratification at its finest.

If you're buying coffee a couple times a day and dropping \$4.75 a pop, that's \$2,280 a year. No, I'm not suggesting you give up your fix completely. Switch your caffeine dealer or sip smaller and send the rest to your emergency fund or your long-term savings. It's not about going without; it's about loving every sip even as you limit your indulgence so you have some money for other important things.

Lunches out are another way unconscious spending gobbles up money. An entrée can run to \$15. Add a beverage or a cup of tea with the caramel praline



Grocery shopping without a list? Only if you want to blow your budget! iStock

cheesecake for dessert and you're shelling out \$35 with tax and tip. Do that three times a week and watch \$5,360 a year go down the toilet, literally.

Grocery shopping is a completely different experience than it was when our parents were raising us. We buy cherries off-season for \$10 a kilo. A single dragon fruit can run to \$4. We buy mangoes, star fruit and avocados in the depths of winter. We buy organic and we pay a pretty penny for the option. How much of what you buy is purchased on im-

Quoted

Sipping three bottles of moderately priced wine a week swallows \$2,500 of your hard-earned money annually. Gail Vaz-Oxlade

pulse? Do you end up using it all, or do you throw out those impulse purchases because you never get around to using it all up?

If you don't shop with a list, you're leaving yourself susceptible to all the contrivances retailers have come up with to separate you from your money. Be-

come conscious of what you're buying and you can cut your grocery bill by 30 per cent. If you're currently averaging \$1,200 a month for food, that'll save you over \$4,300 a year.

Most people spend more on their insurance than they should. Insurance is yucky, after all, and having

put it in place, it's easier to just keep paying whatever you agreed to and not think about it too much. Want to save some money? Most insurers offer a multi-vehicle discount, which can add up to 10 per cent off both cars.

Switch your home policy to the same insurer and save another five per cent. Ask about age, low mileage, anti-theft, occupational and auto club discounts, all of which could save you money. And raise your deductibles to \$1,000. Potential overall savings? About 35 per cent.

Carrying a balance on your credit cards? About half of us do. And, sadly, many of us are unconscious enough not to know what it's costing us (or maybe we don't what to know!). Time to get those statements out to see what you're paying. More than 9.9 per cent? With your terrific credit history, you should be getting a better deal. Throw your weight around to have your interest rate lowered. Failing that, get a cheaper card and transfer your balance. A \$5,000 balance at 18.9 per cent costs \$945 a year in interest. Get the rate down to 9.9 per cent and cut costs by almost half. Better yet, get a teaser rate of 2.5 per cent, and save \$820 a year.

Federal and provincial governments see cigarettes as a major source of income. Are you still smoking? Seriously? Smoking a pack a day eats up almost \$4,500 a year. Sipping three bottles of moderately priced wine a week swallows \$2,500 of your hard-earned money annually. It's easy to spend money without giving it a second thought. It's also very expensive.

3 TIPS



URGENT: EBOLA OUTBREAK

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Sticks and stones or a gentle joke?



If the humour vibe around you is more endearing than it is sneering, it may be time to get in on the laughter. ISTOCK

Dear Metro,

My boss has started calling me a humiliating nickname that I don't like: Shrimp. At first she just wrote it in emails, but she's started using it with other staff members. This week she even called me Shrimp during a meeting with outside clients! I know I'm short, but I don't like having it pointed out on a daily basis. I've hinted that I don't find it funny, but it didn't help. How do I get her to stop?

— That's Not My Name



OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear TNMN,

Hey there, Shortstop. Is it OK if I call you that? What about Squirt? Still weird? As a fellow

member of the vertically unimpressive (I hit five feet two inches and a very significant half), I can empathize with the shrimp complex.

The top shelf is beyond your reach. Your jeans drag on the floor. You can barely ride a roller coaster. It can be frustrating — especially when there's a Shaquille O'Neal standing in front of you at a concert.

But beyond the practical irritations, being small is no big thing. Which means this nickname should not make paella of you. Since your boss has ignored your hints, assess her motivations.

Maybe her crustacean-fixation is a genuine term of endearment: The nickname could signal you've entered her inner circle. If that's the case, I suggest owning it. When she pokes fun of your height in a meeting, ask for a booster seat.

When she addresses an email to Shrimpie, sign back Red Lobster. Get in on the joke,

rather than letting the joke get you.

But if she's calling you Shrimp to belittle you — literally — that's another kettle of prawns. Bully bosses can skewer your sense of workplace self-worth, slowly charring your confidence to a BBQ'd husk.

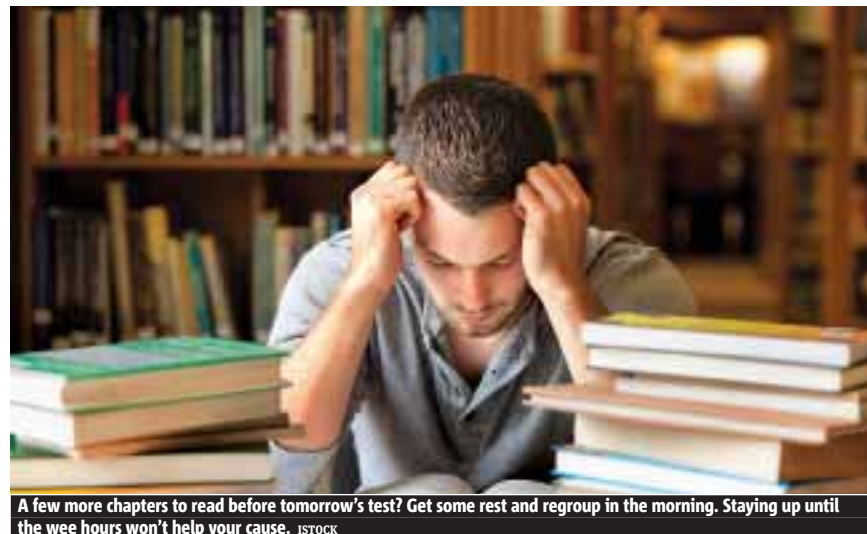
In this case, the same logic holds: owning the joke will take away its power.

If you're not comfortable making fun of your own under-par stature, scrap the hints and be direct.

Tell your boss you're no hors d'oeuvre, and keep saying it until she stops. Shrimp may be invertebrates, but you've got a spine.

However you choose to deal with this, be your own captain — not a kebab.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.



A few more chapters to read before tomorrow's test? Get some rest and regroup in the morning. Staying up until the wee hours won't help your cause. ISTOCK

Quit overloading your brain before the test

Study up on success.
Learn how to hit the books effectively and stop cramming for good

LAKSHMI GANDHI
Metro in New York City

Picture this: It's mid-term week, and college students everywhere are trying to frantically memorize all of the math formulas, political theories and historical facts they possibly can. Needless to say, most won't be successful.

"Cramming is like stuffing a cheap suitcase," says Benedict Carey, the author of the new book *How We Learn: The Surprising Truth About When, Where, and Why It Happens*.

"It stays in for a while and then it falls out."

Remember to sleep

- Most students probably sense that all-nighters are unhealthy. Carey has the science to prove it. "Sleep is a kind of learning, too," he says. If you feel like you absolutely need an extra few hours to review before your test, Carey says it's better to wake up earlier and study rather than staying up well into the night.

While cramming does work in the short-term, most students forget most of the material within days.

We asked Carey for his advice on how to study more effectively.

Break things up

Let's say you have three hours to study for a test. Carey suggests breaking up the material

into three distinct parts. "It's called spacing," Carey explains. Studying for an hour and then taking a 15-minute break helps you retain information.

Reject creating a routine

It's a myth that students should study at the same time and place every day. "Vary the music, the sights and the sounds around you," urges Carey. Taking your textbooks to a café to study can help you remember the material better. "All of those things enrich that memory," says Carey.

Quiz yourself

Instead of solely devoting your study time to memorizing the material, Carey says students should also make it a point to test themselves. "Let's say you are studying a language," says Carey. "If I give you 10 words, it's much better to test yourself than to study them again and again."



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Sensitive issue of teeth

Don't let pain hinder your enjoyment of winter sports

You are out for a run on a crisp fall morning, you take a deep breath ... and ouch! The pain of sensitive teeth can be waiting for you around every corner. What causes it, and how can you manage it so you can enjoy everything winter has to offer?

If you are noticing tooth sensitivity is more acute this time of year, it's not your imagination.

"Surveys have shown that 65 per cent of Canadians say they suffer from tooth sensitivity compared to only around 50 per cent of Americans," says Toronto dentist Dr. Janet Tamo. "With cold drinks, cold food and cold air being top triggers, it's no wonder that more Canadians say they have sensitive teeth."

There are many reasons one can develop sensitivity.

"Acidic foods and beverages, toothbrush abrasion, clenching and grinding of teeth are some of the causes of tooth sensitivity," Tamo says.

Teeth also respond to extremes in temperature, which is why you might cringe when you drink a cold beverage, sip on a cup of hot tea or breathe in cold air. But what causes the pain?

"The dentin (the layer of the tooth that lies



SHUTTERSTOCK

under the enamel) has tubules that connect the enamel to the nerve," Tamo says.

"If the dentin is exposed due to hard brushing or acid from sugar or acidic foods, the tubules deliver the cold sensation directly to the nerve of the tooth, causing an ache."

For those of us who enjoy playing winter sports, this can — pardon the pun — be a real pain. That's why National Hockey League Stanley Cup champion and Sochi Olympic gold medallist Martin St. Louis and his wife, Heather, have partnered with Crest to introduce new Crest Sensi products.

Do you have sensitive teeth that bother you this time of year? Start by talking to your dentist or hygienist for advice.

"They can instruct you on proper brushing and flossing technique to avoid damaging the teeth and gums," Tamo says.

Also, choose a soft-bristled toothbrush and toothpaste formulated for sensitive teeth to help reduce sensitivity over time so you don't have to avoid your favourite winter activities.

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Get Turkey Day off to an impressive start with a show-stopping appetizer

Alternative Thanksgiving Week.

Some of your guests may have unique tastes and preferences. For the next five days, we've got you covered



ROSE REISMAN
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For a Thanksgiving show stopper, make this delicious pumpkin or squash soup served in the shell. Both are in the winter squash family and have a sweet, smooth and creamy flavour and texture, which makes the soup taste like it's loaded with butter and cream.

Squash and pumpkin are low-glycemic foods, meaning they release sugars slowly and help to keep you feeling full longer. The cinnamon and ginger gives this soup its distinctive flavour.

One cup of pumpkin contains more than 2,000 per cent of your daily recommended amount of vitamin A, which helps your vision. Pumpkins are also a source of vitamin C, which works to improve your immune system — important for the cold weather months!

They also contain antioxidants, specifically beta carotene, which fights free radicals causing cancer.

To save time, look for squash or pumpkin that's already peeled and chopped.

What makes serving in the shell so quick and easy is micro-



This recipe serves six. ROSE REISMAN

waving the vegetable — it takes much less time than roasting and keeps its shape.

Starting your Thanksgiving

meal with a filling soup like this will lessen your appetite for all the turkey, trimmings and pumpkin pie!

Directions

1. With a sharp pointed knife, pierce the squash all around. Place two squash at a time in

the microwave and cook on a high heat for at least 4 minutes or just until barely tender. Cool while preparing soup.

Ingredients

- 6 small acorn squash or pumpkins
- 2 tsp vegetable oil
- 1 1/2 tsp minced fresh garlic
- 1 cup diced onions
- 1 1/2 lb cubed peeled acorn or butternut squash or pumpkin
- 3 cups gluten-free chicken or vegetable stock
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- pinch salt and freshly ground black pepper
- 1 tbsp honey
- 3 tbsp low-fat yogurt or sour cream

2. Spray a non-stick saucepan with cooking oil, add the vegetable oil and place over medium-low heat. Stir in the garlic and onions. Cover and cook until softened, about 3 minutes.

3. Stir in the squash, stock, cinnamon, ginger, salt and pepper. Bring to a boil, then reduce the heat to medium-low. Cover and cook for 12 - 15 minutes, or until the squash is tender. Add the honey.

4. Meanwhile remove the top of the squash cutting below the stem. Save for the garnish. With a spoon remove the seeds and stringy flesh and some of the pulp to make a soup bowl.

5. Transfer the soup to a food processor or blender. Purée until smooth, working in batches if necessary.

6. Ladle into individual pumpkin or squash shells and garnish with a dollop of yogurt.

Savour cheesecake's autumn makeover

1. Preheat oven to 350 F. Spray a 12 cup muffin tin (round or square) with vegetable spray.

2. In food processor, purée all ingredients for the cheesecake until smooth. Divide evenly into muffin pan.

3. Place pan in a larger pan filled 1/2-inch with water to create a water bath.

4. Bake for 15 to 18 minutes just until no longer loose in the middle.

5. Meanwhile make candied pecans: Rinse the pecans with cold water. Drain, but do not let them dry. Combine the icing sugar, cinnamon, allspice and nutmeg in a small bowl. Dip the pecans in the sugar mixture, coating them well. Spread on the prepared baking sheet. Bake for 15 minutes at 350F in the center of the oven. Remove and cool. When they're cool enough to handle, chop coarsely.

6. Chill cheesecakes in freezer to cool down quickly.

Ingredients

Cheesecake

- 12 oz light cream cheese cut into cubes
- 1/2 cup low fat sour cream
- 2 eggs
- 1/2 cup puréed pumpkin
- 1/2 tsp cinnamon
- 2 tbsp all-purpose flour
- 3/4 cup granulated sugar
- 1 tsp vanilla extract

Candied Pecans

- 1/3 cup pecan halves
- 3 tbsp icing sugar
- 1/4 tsp cinnamon
- 1/8 tsp allspice
- 1/8 tsp nutmeg
- Store-bought caramel sauce (optional)

7. Serve cheesecakes with chopped nuts over top and

caramel sauce if using.
ROSE REISMAN



This Mini Pumpkin Cheesecake recipe serves 12. ROSE REISMAN

After DUI arrest

Swimming on hold for Phelps

Putting his swimming career on hold after his second DUI arrest, Olympic multi-champion Michael Phelps began a six-week program Sunday that he said "will provide the help I need to better understand myself."

According to his representatives, Phelps entered an in-patient program that will keep him from competing at least through mid-November, though there's no indication he plans to give up swimming.

THE ASSOCIATED PRESS

Ranked 792nd

Wilson beats McIlroy at St. Andrews

Oliver Wilson held off Rory McIlroy to capture his first European Tour title with a one-shot victory in the Alfred Dunhill Links Championship.

Wilson shot a 2-under 70 in the final round on the Old Course at St. Andrews as McIlroy came up just short after a bogey on the 17th hole. Wilson finished at 17-under 271, with McIlroy (68) in a three-way tie for second with Richie Ramsay of Scotland and Tommy Fleetwood of England.

The 34-year old Wilson, currently ranked 792nd in the world, had finished second nine times in his 227 previous tour events, but lost his card two years ago and was competing this week on an invitation.

THE ASSOCIATED PRESS

'Iffy' back

LeBron takes it easy in win over Maccabi Tel Aviv

LeBron James scored 12 points before resting in the second half and the Cleveland Cavaliers gave new coach David Blatt an exhibition win over his former team, beating Maccabi Tel Aviv 107-80 on Sunday.

James has been monitoring an "iffy" back. James emerged from the locker room at halftime with ice wraps on both knees and one on his back. The superstar spent the rest of the night watching his teammates wear down one of Europe's best squads.

THE ASSOCIATED PRESS

O's Cruz missile hits Tigers spot-on

First ALCS since 1997.

Two-run homer by Nelson Cruz wraps up Orioles' AL Division Series win over Detroit

They pulled off a runaway title in a division of behemoths, then an unexpected sweep against a trio of Cy Young award winners.

For Nelson Cruz, Buck Showalter and this unheralded bunch from Baltimore, the question now is: What's next?

Cruz sliced a two-run homer for his latest big post-season hit, and the Orioles held off the Detroit Tigers 2-1 Sunday to reach the AL Championship Series for the first time since 1997.

Bud Norris outpitched David Price in Game 3 of the AL Division Series. The Tigers scored in the ninth inning and put the tying run on second with no outs, but Orioles closer Zach Britton escaped the jam to lift Showalter into his first LCS in 16 seasons as a big league manager.

"This is fun to watch. Believe me, I'm happier than you can imagine," Showalter said. "But most of it comes from getting to see the players get what they've put into it."

Baltimore opens the ALCS on Friday at home against Kansas City, or at the Los Angeles Angels.

"We've got a lot to go and we're grinding," outfielder Adam Jones said. "If we play as a team, we can do anything."

So often an afterthought in the rugged AL East, the Orioles won their first division title since 1997 this year, dispatching the second-place New York Yankees by 12 games and last-



Orioles outfielder Adam Jones waits for Nelson Cruz at home plate after Cruz's two-run homer in the sixth inning at Comerica Park in Detroit on Sunday afternoon. LEON HALIP/GETTY IMAGES

place Boston by more than double that margin. That put Baltimore up against another of the game's most star-laden rosters, and Miguel Cabrera, Justin Verlander and the Tigers couldn't manage a single win.

Cruz's homer Sunday was his 16th in post-season play, including eight against the Tigers. He was the MVP of the 2011 ALCS for Texas in a six-game victory over Detroit.

Cruz spent much of this past off-season without a team after serving a 50-game suspension last year for violating baseball's drug agreement.

"He knows things were self-inflicted," Showalter said. "He really wanted to re-establish himself, and we thought that we could provide a real good

opportunity for him, and the sky might be the limit."

Norris pitched two-hit ball for 6-1/3 innings, and Andrew Miller got five straight outs to keep the shutout going.

Victor Martinez and J.D. Martinez opened the ninth with back-to-back doubles off Britton. Bryan Holaday struck out after a failed bunt attempt, and Showalter made the unconventional decision to put the winning run on base by intentionally walking Nick Castellanos.

That meant the bottom of Detroit's lineup would have to produce. The Tigers sent up Hernan Perez — who had five at-bats in the regular season — to pinch hit, and he bounced a 154 km/h fastball into a 5-4-

3 double play. It was Britton's second save of the series.

Cruz led the majors with 40 homers this season, and the Orioles topped baseball with 211. It was his two-run homer in the first inning of the opener that set the series' tone, and he came through again in the sixth inning against Price. Cruz's drive cleared the wall in right, about 2 feet to the left of the foul pole.

Not bad for a guy the Orioles signed in late February. Cruz turned down a \$14.1 million qualifying offer that would have kept him with Texas, but he ended up having to settle for an \$8 million, one-year contract with Baltimore that included \$750,000 in roster bonuses. THE ASSOCIATED PRESS

NHL. Habs trade Budaj for Tangradi with Jets

The Montreal Canadiens have traded goaltender Peter Budaj to the Winnipeg Jets in exchange for forward Eric Tangradi.

By dealing Budaj, the Canadiens opted to keep Dustin Tokarski as Carey Price's backup after the 25-year-old played well in last year's Eastern Conference final.

Tokarski would have had to go on waivers if the Habs didn't keep him in the NHL.

Budaj, who has one year left at US\$1.4 million, figures to move ahead of Michael Hutchinson as back-up to Jets starter Ondrej Pavelec.

Tangradi, 25, brings size and grit at six-foot-four and 221 pounds. THE CANADIAN PRESS



Peter Budaj, right, in action for Montreal. CHARLES KRUPA/THE ASSOCIATED PRESS FILE

4 SPORTS

Another milestone in the Mile High City

NFL. Peyton Manning spreads love around after tossing 500th career touchdown

The best part of Peyton Manning's big day was getting to share the spotlight with some of his best friends.

Manning joined Brett Favre in the NFL's most exclusive of clubs with his 500th touchdown toss Sunday when the Denver Broncos handed the Arizona Cardinals their first loss, 41-20.

"Football is the ultimate team game, and so I guess one man has to accept it and I really accept it on behalf of a lot of coaches and teammates," Manning said.

Manning threw for 479 yards and four TDs, moving him within five of Favre's record 508.



metro **AR** Peyton Manning's 500th TD throw came in his 244th career regular-season game, 49 fewer games than it took Brett Favre. Scan the image with your Metro News app for a look at more action from around the NFL on Sunday. DUSTIN BRADFORD/GETTY IMAGES

cord 508.

After getting his touchdown — a seven-yard dart to tight end Julius

Thomas — out of the way early, Manning helped Demaryius Thomas and Wes Welker make history, too.

Thomas set a franchise record with 226 yards on eight catches, beating Shannon Sharpe's mark of 214 yards set against Kansas City in 2002.

Welker's seven receptions moved him past Rod Smith for the most catches in NFL history by an undrafted player.

"I still can't believe he was undrafted because that man can play some ball," Thomas said.

Manning's 500th TD pass came against two of his mentors: Arizona head coach Bruce Arians, who was his first QB coach in 1998, and Cardinals assistant head coach Tom Moore, who was his offensive co-ordinator during his 13 seasons in Indianapolis.

"I give both of those men a lot of credit for helping me improve as a quarterback," Manning said.

THE ASSOCIATED PRESS



Pre-season's a wrap in D.C.

Capitals centre Evgeny Kuznetsov winds up to score on Carolina Hurricanes goalie Anton Khudobin on Sunday night in Washington. Troy Brouwer and Brooks Laich each had a goal and an assist and the Capitals beat the Hurricanes 5-2. ALEX BRANDON/THE ASSOCIATED PRESS

NHL pre-season

Skinner falls as real games loom

Carolina forward Jeff Skinner left the Hurricanes' pre-season finale against Washington after being hit in the head by Capitals defenceman Matt Niskanen.

Niskanen hit Skinner in the head with his forearm just after the Hurricanes centre completed a faceoff.

Skinner had trouble getting to his feet after the hit and was wobbling as he left the ice. The team later posted on Twitter that Skinner had an upper body injury.

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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

It may be hard to figure out why a loved one is behaving badly but you should look for the reason. At work, you are advised to take what others say as the opposite to what they mean.

♉ Taurus

April 21 - May 21

According to the planets you have reached the end of one particular road and what happens in the run-up to Wednesday's eclipse will point you in a new direction.

♊ Gemini

May 22 - June 21

Something may look simple on the surface but if you dig deeper over the next 24 hours you will find it is anything but. Stand back and view what's going on from a wider perspective.

♋ Cancer

June 22 - July 23

Emotions will run deep over the next few days. Don't be shocked if there are a tears. In the greater scheme of things nothing of substance is likely to change.

♌ Leo

July 24 - Aug. 23

Travel and all forms of communication are highlighted over the next seven days, so make sure you plan your comings and goings well.

♍ Virgo

Aug. 24 - Sept. 23

An awkward situation won't seem so once the lunar eclipse in midweek has done its work. Until then, tread carefully when dealing with certain people.

♎ Libra

Sept. 24 - Oct. 23

It may seem as if several things are going wrong all at the same time but is that really the case? More likely you are overreacting to situations you don't really understand, so calm down.

♏ Scorpio

Oct. 24 - Nov. 22

Your enthusiasm for a plan is likely to wane over the next few days, but that's OK. You gave it your best shot and that is all you can ask of yourself.

♐ Sagittarius

Nov. 23 - Dec. 21

Don't change your plans because of a minor setback. What appears to be a disappointment now may, in the long-term, be a blessing.

♑ Capricorn

Dec. 22 - Jan. 20

If you are happy with your social standing that's great. If not, start thinking about how you would like to change the way you are seen by the world.

♒ Aquarius

Jan. 21 - Feb. 19

You are in the middle of one of the most fortunate times of the year and even when things seem to go wrong they will come good in the end. With that thought in mind, don't be afraid to take a few risks.

♓ Pisces

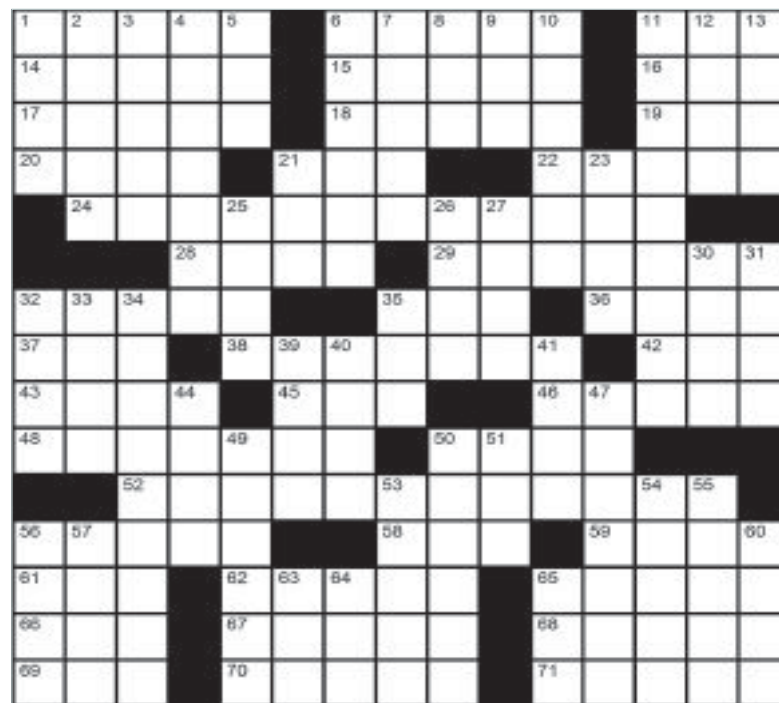
Feb. 20 - March 20

You dislike having to admit you were wrong but if you can't bring yourself to do it, the lunar eclipse in midweek will make your error look even worse.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Tanya __, 2014 Polaris Music Prize winner (More at #52-Across and #4-Down)
6. Gardener's green digit
11. "Understand?"
14. Before: French
15. "Able was __ saw Elba." (Palindrome)
16. Pre-1868 Tokyo
17. Mr. Shankar, and namesakes
18. Shiny flash
19. Mr. Torme of tunes
20. Carpe __! (Seize the day!)
21. Leandro's beloved
22. Upgrade from a bike
24. Casual pants choices: 3 wds.
28. Places
29. Momentum
32. Fashion mag
35. Computer co.
36. Desert-like
37. Egyptian Myth: Beatified spirit
38. Stanley Cup winner, e.g.: 2 wds.
42. Celebrity chef Ms. Drummond
43. Malayan sailing boat
45. Assist
46. "I __" (2001), Penn/Pfeiffer picture
48. Canada Post deliveries



50. 'Emblem' suffix
52. Type of artist
- #1-Across is: 2 wds.
56. Prince William's surname, as needed
58. "Mad About You" actress ...her initials-sharers
59. Les Etats-__
61. Canadian novelist Ms. McKay

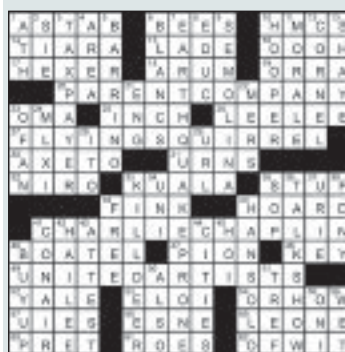
62. Who Farley rescued from that river
65. The __ House (Set-in-Nova-Scotia best-seller by #61-Across)
66. Un-yeses
67. Macbeth's title
68. Marie-Josée __, Canadian actress
69. Approx.
70. Mr. Marley, Bob's

- son
 71. Canadian director Mr. Arcand
- Down**
1. Canadian convenience store company, Alimentation Couche-__ Inc.
 2. AVOIR: J' __
 3. Courtroom mallet
 4. Winning album

- by the Inuk artist at #1-Across
5. Liq. amounts
6. River in Iraq
7. Bound-to-the-land person of ancient Sparta
8. William Tell's canton
9. Fellows
10. Image file format
11. Canadian bread

- company
12. Nice notion?
13. __ bracelet
21. Little amphibian
23. Tony Curtis/Sidney Poitier movie, "The Defiant __" (1958)
25. "You're putting __, right?!"
26. Correspond
27. Ms. Watson
30. Carbamide
31. Come across as
32. Comical Andy
33. Pod vegetable
34. Monday, October 6th: 2014 Scotiabank Giller Prize announcement
35. " __ better be!"
39. __: Spartan Assault (Video game)
40. Ms. Bonet
41. Foremost
44. Languish
47. "Sincerely": 1955 __ Sisters hit
49. Artificial
50. Ms. Tisdale
51. Olde-style word
53. Object
54. Company in 2001 headlines
55. Posh
56. Lessen
57. Actor John
60. " __ Leaving Home" by The Beatles
63. Greek letter
64. "Maple Leaf __": Piano tune by Scott Joplin
65. Alphabetic trio

Friday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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